

# Enfield Recreation Department



## Spring 2015 Program Information

Enfield Recreation Department  
19 North Main Street  
Enfield, CT 06082  
[www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)  
860.253.6420

## Special Events

### **Annual Youth Fishing Derby** *Saturday, June 6, 2015*

Grab your gear and join us for a morning of fishing! Held at Freshwater Pond, the derby is open to Enfield youth ages 15 and under. Fishing will begin promptly at the 9:00 AM air horn blast and will end at 11:00 AM. Prizes will be awarded for largest fish caught in each age group. **NO REGISTRATION NECESSARY.** *Please note that severe weather will postpone the derby to Sunday, June 7th. If in doubt, contact the Recreation Department at 860.253.6420 for details.*

## Discount Tickets

### **Six Flags New England**

The Enfield Recreation Department is selling discounted day tickets to *Six Flags New England*. One-day passes are good for any day during the 2015 season. All tickets are non-refundable and will be available while supplies last. Tickets go on sale starting in April. Please contact the Recreation Office for details.

Day Tickets: \$38.00 each

Must be purchased by October 15, 2015

PLEASE NOTE: CASH IS THE ONLY FORM OF PAYMENT ACCEPTED.

No refunds are given for lost, stolen, unwanted or unused tickets.

## Rentals

### **Picnic Packs**

Picnic packs are available to Enfield residents to use for a maximum of three days. Payment and proof of residency is required to secure your reservation. Reservations must be made in person at the Recreation Department at least 24 hours in advance of equipment pick up. Payment is by cash or check only. **Fee: \$12.00 plus a \$20.00 refundable deposit.**

Picnic packs are very popular and it is highly suggested that reservations are made as far in advance as possible to help ensure you can get a pack for your desired date.

#### **Rental equipment includes:**

Croquet – Badminton – Wiffleball – Lawn Games – Horseshoes  
Frisbee – Sports Balls – Throw Down Bases – Volleyball/Badminton Net

**Picnic packs will be available from May 1, 2015 – September 28, 2015.  
Reservations can be made beginning Friday, March 13, 2015 at 9:00 AM**

*Equipment may vary based on availability.*

# Bus Trips

## **New York Yankees Game** *Friday, July 17, 2015*

Grab your peanuts and crackerjacks and join the Enfield Recreation Department at the ball game. Travel to New York City to be part of America's favorite pastime as the *Yankees* take on the *Seattle Mariners*.

Trip Includes: Round trip motorcoach transportation and game ticket (400 level grandstand seats).

The bus will depart the Enfield Town Hall Parking Lot at 2:00 PM (*Please park in the upper lot*) and will arrive in New York City at approximately 5:00 PM. Game time is tentatively scheduled to begin at 7:10 PM. The bus will leave immediately following the game and will be back to Enfield at approximately 1:00 AM. **Limit: 48.**

**FEE:** \$59.00 per person (*Limit 6 tickets per household*).

**Activity Number:** 3608.0935.301

## **Boston Red Sox Game** *Saturday, July 25, 2015*

Grab your peanuts and crackerjacks and join the Enfield Recreation Department at the ball game. Travel to Boston to be part of America's favorite pastime as the *Red Sox* take on the *Detroit Tigers*.

Trip Includes: Round trip motorcoach transportation, game ticket in the bleachers section & free time for shopping or dining. Limit 48.

The bus will depart the Enfield Town Hall Parking Lot at 2:00 PM and will arrive in Boston at approximately 4:30 PM. Game time is tentatively scheduled to begin at 7:10 PM. The bus will leave immediately following the game and will be back to Enfield at approximately 12:30 AM.

**FEE:** \$73.00 per person (limit 6 per household).

**Activity Number:** 3608.0935.302

## **Boston Red Sox Game** *Saturday, August 22, 2015*

Grab your peanuts and crackerjacks and join the Enfield Recreation Department at the ball game. Travel to Boston to be part of America's favorite pastime as the *Red Sox* take on the *Kansas City Royals*.

Trip Includes: Round trip motorcoach transportation, game ticket in the bleachers section & free time for shopping or dining. Limit 48.

The bus will depart the Enfield Town Hall Parking Lot at 2:00 PM and will arrive in Boston at approximately 4:30 PM. Game time is tentatively scheduled to begin at 7:10 PM. The bus will leave immediately following the game and will be back to Enfield at approximately 12:30 AM.

**FEE:** \$73.00 per person (limit 6 per household).

**Activity Number:** 3608.0935.303

***Note: Please read all bus trip guidelines before registering.***

# Bus Trip Guidelines

- All seats are sold on a first come, first serve basis. There are no reserved seats on the bus. Each traveler has paid for one seat and must share the one beside them. Please note the right and left front seats are reserved for the trip chaperones.
- Children must be at least 5 years of age. An adult must accompany anyone under the age of 18.
- Bus trips are family friendly, no alcoholic beverages are allowed on the bus.
- In general, brief stops are made at fast food restaurants when the travel time is over 3 hours. Rest stops to and from the destination are at the discretion of the Tour Director.
- Trips depart promptly at the time listed in the brochure. The Recreation Department is not responsible for those who miss the bus to and from the destination. Please arrive for all departures no later than 10 minutes prior to the scheduled departure time.
- A movie is shown on the bus to and from the trip destination. Movies are rated G or PG.
- We typically use a 50 passenger coach bus equipped with a restroom and air conditioning. Most trips fill to capacity. Register early.
- Trips depart & return to the Town Hall parking lot unless otherwise stated. Please park in the upper lot at Town Hall.
- **Bus driver gratuity will be collected on the bus during the return trip home.**
- **No refunds** are given for trips unless they are cancelled by the Recreation Department. Participants must find a replacement if they cannot attend the trip. If the Recreation Department can fill your spot we will issue a **program credit** minus the 10% processing fee.
- **Ticketed Trips/Outdoor Destinations:** Trips are held rain or shine. If weather is a concern, the Recreation Department will find out if the venue is still open. If at the departure time of the trip game/show/venue is open, we will depart. If upon or after arrival the game/show/venue cancels or postpones your ticket will be valid for the make-up date per venue policy. The department will not provide additional transportation for the make-up date. If the venue cancels prior to the departure time we will attempt to re-book with the bus company to provide transportation. If transportation cannot be rescheduled the transportation portion of your payment will be refunded and you will be responsible for transportation for the make-up date. Refunds are not given because the participant cannot find their own transportation for the make-up date.
- Due to trip popularity there is a registration limit of six spots per household.
- Tickets provided to participants as part of the bus trip are distributed on the bus the day of the trip. Tickets cannot be picked up prior to the departure day.
- Some trips involve substantial walking or climbing of stairs. If this is a concern for you please contact the office BEFORE you register to inquire about the walking/stairs involved.
- The Recreation Department welcomes persons with disabilities in all programs. If you require special accommodations please contact our office as early as possible so we will know how to best serve you.

We want your input!!! What trips would you like to see the Recreation Department offer?

Email: [\\_RecreationSupervisor@enfield.org](mailto:_RecreationSupervisor@enfield.org) with your ideas.

# Preschool Programs

## **Playgroup** *Ages 5 & under*

This program is a great chance for you and your child to meet other families in Enfield and share experiences and secrets of raising children. Your child will be able to explore and play with educational toys and games while moms, dads or caregivers have a chance to talk. Playgroup is an ongoing program, so registration is NOT necessary, however you must be an Enfield resident to participate. Please note that a participant waiver must be on file with the instructor which can be filled out the first day you attend. **There is no playgroup when school is delayed or closed due to weather.**

**Date:** Wednesdays, October 1, 2014 – June 3, 2015 *no program on 11/26, 12/24, 12/31, 4/22*

**Time:** 9:00 AM – 11:00 AM

**Fee:** FREE!

**Location:** Angelo Lamagna Activity Center Gym

## **Spring Tiny-Hawks (Soccer and T-ball)** *Ages 3 – 4 years old*

The essentials of soccer and baseball are introduced in a fun, safe environment with lots of encouragement. Participants must be at least 3 years of age and parents are encouraged to participate. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games. Limit 12.

**Date:** Wednesdays, May 13 – June 10

**Time:** 5:00 – 5:50 PM

**Fee:** \$65.00 Resident / \$75.00 Non-Resident

**Location:** Parkman School Gym, 165 Weymouth Road

**Activity Number:** 3602.0228.301

## **Preschool Ballet Classes** *Ages 3 – 5 years old*

Have your child participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet. They will learn creative ways to express themselves through music, dance and movement. Classes will focus on skills and techniques for a young dancer. Leaps, jumps & across the floor movements will combine to a full dance routine. In the final class of the session, participants will put on a performance to show off what they learned. Participants should dress in dance wear of any color & style or in fitted comfortable clothing with ballet slippers or socks. Limit 12.

### **Dates:**

Session One: Saturdays, April 4 – May 2 *no 4/25*

Activity Number: 3602.0204.301

Session Two: Saturdays, May 9 – May 30

Activity Number: 3602.0204.302

**Time:** 11:00 – 11:30 AM

**Fee:** \$35.00 Resident / \$43.75 Non-Resident

**Location:** *Dance Amore*, 155 Hazard Ave, Enfield, CT

## **Small Samurai Martial Arts** *Ages 3 – 5 years old*

Discover the Small Samurai program which is especially designed for preschoolers and kindergarteners. Children will learn the basics of martial arts, while also being introduced to character development topics. Limit 10.

### **Dates:**

Session One: Tuesdays & Thursdays, April 7 – April 30

Activity Number: 3602.0222.301

Session Two: Tuesdays & Thursdays, May 5 – May 28

Activity Number: 3602.0222.302

**Fee:** \$49.00 Resident / \$59.00 Non-Resident

**Time:** 5:00 – 5:30 PM

**Location:** Integrity Martial Arts, 585 Hazard Ave, Scitico Plaza

# Youth Programs

## **Spring Mini-Hawk** *(Soccer and T-ball) Ages 5 – 7 years old*

This multi-sport program gives children ages 5 to 7 a positive first step into athletics. Soccer & baseball are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow participants to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff is trained to handle the specific needs of young athletes. Limit 16.

**Date:** Wednesdays, May 13 – June 10

**Time:** 6:00 – 7:00 PM

**Fee:** \$65.00 Residents/ \$75.00 Non-Residents

**Location:** Parkman School Gym, 165 Weymouth Road

**Activity Number:** 3603.0228.301

## **Spring Field Hockey** *Grades 5 – 8*

Interested in learning more about the game of Field Hockey? This program will introduce and teach the basic skills of field hockey including stick and ball handling, passing, receiving, shooting and game rules. The first 45 minutes of the program will focus on skills and drills with the second 45 minutes of the program will be game play. *Please Note:* Participants must bring shin guards, mouth guard and field hockey stick. A limited supply of sticks is available to borrow if you do not have one. Limit 20.

**Dates:** Wednesdays, April 29 – May 20 (4 weeks)

**Times:** 5:45 PM – 7:15 PM

**Activity Number:** 3603.0271.301

**Location:** Fermi High School Field

**Fee:** \$20.00 Resident/\$25.00 Non-Resident

## **Beginner Martial Arts** *Ages 6 – 10 years old*

Discover the excitement of the martial arts while learning about Respect, Discipline and Self-Control. Participants will learn basic martial arts techniques, as well as how to apply character development to their everyday lives. Limit 10.

**Dates:**

Session One: Tuesdays & Thursdays, April 7 – April 30

Activity Number: 3603.0222.301

Session Two: Tuesdays & Thursdays, May 5 – May 28

Activity Number: 3603.0222.302

**Fee:** \$49.00 Resident / \$59.00 Non-Resident

**Time:** 5:30 – 6:00 PM

**Location:** Integrity Martial Arts, 585 Hazard Ave, Scitico Plaza.

## **Performance Training for Youth** *Ages 10 -13 years old.*

This program is for youth athletes who are looking to enhance their overall athletic ability. Certified Personal Trainer, Michael Valente has designed a specialized program consisting of body weight exercises, speed drills and conditioning drills to give young athletes a jump on their next sports season.

Performance training promotes strength, speed and agility - critical components for success in all sports. Participants will receive guidance about nutrition and proper eating for athletic success. Performance training helps athletes build flexibility, balance, prevent injuries, manages body weight, and builds self-confidence. Participants should bring a yoga mat, water bottle and wear athletic clothing as well as sneakers. Limit 20.

**Dates:** Saturdays, March 21 – April 18

**Time:** 9:00 – 10:00 AM

**Location:** JFK Middle School Gym

Activity Number: 3603.0314.301

**Fee:** \$60.00 Residents/\$70.00 Non-Residents

# Youth Programs

## **Learn to Skate** *Ages 5 & Up*

A U.S. Figure Skating sponsored program, Learn to Skate offers group instruction of basic ice skating skills. Participants will learn the fundamentals of skating, including skating forwards, backwards, spins and jumps! No prior skating experience is necessary. Skaters will be grouped by ability and age. Students can earn certificates and badges as they progress through the program. Participants can bring their own skates or rent for no additional charge from the rink. Helmets are required. No Limit.

### **MONDAYS, 4:50 – 5:40 PM**

Session One: April 6 – May 4

Activity Number: 3603.0272.301

Session Two: May 11 – June 15 *no 5/25*

Activity Number: 3603.0272.302

**Location:** Enfield Twin Rinks, 1 Prior Road

**Fee:** \$99.00 Resident / \$109.00 Non-Resident

## **Tons-O-Fun Summer Camp** *Entering Grades 1 - 10*

Registration for camp is limited and is offered on a first come, first serve basis. The Recreation Department will accept Online, Walk-in & Mail-in registrations. Phone registrations are not accepted. All fees must be paid in full upon registration. Don't delay, spaces are limited and fill quickly!

***CAMP IS HELD AT JFK MIDDLE SCHOOL ON RAFFIA ROAD.***

**GRADES:** Don't miss out on all the fun! Camp is for children entering grades 1 through 10 in September 2015. Proof of completing Kindergarten is required upon registration. Participants will register for one of two age groups, entering grades 1-4 or grades 5-10. Camp activities and field trips will be different for each group allowing for more age appropriate likes and interests.

**DATES:** The program operates from Monday, June 29th through Friday August 7th. **No camp on July 3rd.**

**TIME:** Campers should arrive at 8:30 AM and be picked up at 3:30 PM. Please make sure you are on time. Late fees will be assessed for those picked up late. **Extended Day Program** is available.

**PAYMENT:** Acceptable forms of payment include: cash, check, money order or credit card (***online registration only***). Registrations are accepted online, by mail or in person at the Recreation office during business hours. Payment Plans are available, contact the Recreation Office for details. All payment plans must be paid in full by May 1, 2015.

## **Why Sign up for Day Camp?**

### **OUR PROGRAM**

Camp is a great opportunity to meet new friends, develop respect, build self-esteem, and participate in activities in a safe, friendly & fun atmosphere.

### **ACTIVITIES**

Your kids will always have something to do! Activities include: field trips, special events, free swim time, sports and group games, theme weeks, arts & crafts, free play and more!

### **COUNSELORS**

Staff work to provide a positive experience for all participants. Our counselors are individuals who are selected on the basis of their skills and talents, as well as their enthusiasm. Staff to camper ratio is 1 to 10.

**For complete program information visit [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation) .**

**Registration begins Friday, March 6, 2015 for this program.**



# **NEW!!! APRIL VACATION PROGRAMS**

Looking for something to do during April vacation? The Recreation Department has a week full of fun for you! Individual programs are listed below. Each program indicates if pre-registration is required.

## **Babysitter Safety 101 Course** *Ages 10 - 15 years old*

This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. Other topics include hand washing, diapering, bottle feeding, personal safety, interview skills and many more topics. Participants should bring a snack and drink with them to class. All participants will receive a CD book, handouts and *Babysitter Safety Certificate*. Limit: 14. *Pre-registration is required for this program.*

**Date:** Monday, April 20, 2015

**Time:** 9:00 AM – 1:00 PM

**Fee:** \$46.00 Resident / \$57.50 Non-Resident

**Location:** Angelo Lamagna Activity Center

**Activity Number:** 3603.1203.301

## **Youth Open Gym Basketball** *Ages 7 - 18 years old*

A great option for youth looking to shoot some hoops while school is out! This program is for Enfield youth only. Children 10 and under must be accompanied by an adult. No more than 3 children per adult are allowed. Participants must wear sneakers and should bring their own basketball. A limited supply of basketballs will be available for use. This is a drop in program, no pre-registration is required.

**Date:** Tuesday & Thursday, April 21 & 23

**Fee:** \$1.00 per day.

**Time:** 9:30 – 11:30 AM, Ages 7 – 10 years old  
11:30 – 1:30 PM, Ages 11 – 14 years old  
1:30 – 3:30 PM, Ages 15 – 18 years old

**Location:** Angelo Lamagna Activity Center

## **Earth Day Celebration**

The Town of Enfield annual Earth Day celebration will take place on Earth Day, April 22 in the afternoon. There will be family activities, free compost, a tree planting and more! Stop by and visit the Enfield Recreation Department's booth to make an Earth Day craft and to get some FREE Earth Day goodies! For more information, including event location and time visit [www.enfield-ct.gov](http://www.enfield-ct.gov).

## **Family and Friends Game Day** *Ages 5 - 12 years old*

Bring your competitive side and join us for an afternoon full of fun playing board games, card games and table games! Games are provided but you're also welcome to bring your own – just be sure it's marked with your name and is family friendly. Participants will receive a treat bag with fun items as well as a chance to win a door prize! This program is for Enfield youth only. Children 10 and under must be accompanied by an adult. No more than 3 children per adult are allowed. This is a drop in program, no pre-registration is required.

Games include: Cup stacking, Table Ping Pong, Uno, Battle Ship, Connect 4, Checkers, Chess, Guess Who, Memory, Trouble, Scrabble, Yahtzee, Jenga, Knock Hockey and more!

**Date:** Friday, April 24, 2015

**Fee:** \$1.00 per person

**Time:** 10:00 AM – 1:00 PM

**Location:** Angelo Lamagna Activity Center Mirrored Room



# Swim Lessons

<p style="text-align: center;"><b><u>Progressive Swim Lesson Levels</u></b></p> <p>Progressive lessons are for children 5 years old &amp; up. Children must pass current level to move on to the next level based on skills below.</p> <p><b>Minnows:</b> Pool rules, Warm-up swims, 5 bobs, Jump into the shallow end and swim to the side safely, Jump in with help from teacher, Swim ½ lap of the pool, Swim with a bubble/barbell &amp; noodle, Kick with pointed feet.</p> <p><b>Tigerfish:</b> Jump in the deep end, Swim 1 lap of the pool, Swim 1 lap with a bubble/barbell &amp; noodle, Front float &amp; Back float, 10 bobs.</p> <p><b>Stingrays:</b> Sit-dive, Swim 2 laps of the pool, Basic reaching assist, 15 bobs, Kick on back with pointed feet.</p> <p><b>Marlins:</b> Kneeling dive, Tread water for 1 minute, Survival float for 1 minute, Kick (1) lap streamline position with straight legs on back &amp; on front, One lap rhythmic breathing with a barbell with proper arms, Roll back to front &amp; front to back, Coordinate arms and legs to do the backstroke, Have the strength to swim backstroke.</p> <p><b>Barracudas:</b> There are no Barracudas classes during this session</p> <p><b>Dragonfish:</b> There are no Dragonfish classes during this session</p>	<p style="text-align: center;"><b><u>Progressive Swim Lessons</u></b></p> <p>Progressive swim classes are for children <b>5 years and older</b>. Descriptions show what each student will learn and must accomplish to pass that level and move onto the next level. In order to register for a particular level, the student must be able to do all the skills in the prior levels. Each session runs 6 classes, limit 8 per class. Classes are held at JFK Middle School Pool.</p> <p style="text-align: center;"><b><u>Saturdays, May 2 – June 6</u></b> <b>Fee:</b> \$35.00 <i>(This program is for Enfield Residents Only)</i></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><b>9:00 AM – 9:40 AM</b> Minnows: 3603.0629.301 Tigerfish: 3603.0629.304</p> <p><b>10:30 AM – 11:10 AM</b> Tigerfish: 3603.0629.305 Marlins: 3603.0629.308</p> </td><td style="vertical-align: top; width: 50%;"> <p><b>9:45 AM – 10:25 AM</b> Minnows: 3603.0629.302 Stingrays: 3603.0629.306</p> <p><b>11:15 AM – 11:55 AM</b> Minnows: 3603.0629.303 Stingrays: 3603.0629.307</p> </td></tr> </table> <p><b>Guppies</b> <i>Preschool Swim Lessons 3 &amp; 4 year olds</i></p> <p>Children will learn pool rules, how to enter and exit the pool safely, general water safety, water adjustment and basic swim strokes. <b>Please Note:</b> that this class is <b>not</b> a parent-child class. Limit 12 per class. Class is held at the JFK Middle School Pool.</p> <p style="text-align: center;"><b><u>Saturdays, May 2 – June 6</u></b> <b>Fee:</b> \$35.00 <i>(This program is for Enfield Residents Only)</i></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p>12:30 PM – 1:00 PM 1:05 PM – 1:35 PM</p> </td><td style="vertical-align: top; width: 50%;"> <p>Activity Number: 3602.0629.302 Activity Number: 3602.0629.303</p> </td></tr> </table> <p><b>Waterbabies</b> <i>6-36 months</i></p> <p>A great class to introduce your little one to the water. Participants will learn water awareness and develop a comfort level in and around water using toys and songs. Parents must accompany their child into the pool. <b>Please Note:</b> Swim diapers must be worn in the pool. Limit 20 per class. Class is held at the JFK Middle School Pool.</p> <p style="text-align: center;"><b><u>Saturdays, May 2 – June 6</u></b> <b>Fee:</b> \$35.00 <i>(This program is for Enfield Residents Only)</i> 1:40 PM – 2:10 PM      Activity Number: 3602.0629.301</p>	<p><b>9:00 AM – 9:40 AM</b> Minnows: 3603.0629.301 Tigerfish: 3603.0629.304</p> <p><b>10:30 AM – 11:10 AM</b> Tigerfish: 3603.0629.305 Marlins: 3603.0629.308</p>	<p><b>9:45 AM – 10:25 AM</b> Minnows: 3603.0629.302 Stingrays: 3603.0629.306</p> <p><b>11:15 AM – 11:55 AM</b> Minnows: 3603.0629.303 Stingrays: 3603.0629.307</p>	<p>12:30 PM – 1:00 PM 1:05 PM – 1:35 PM</p>	<p>Activity Number: 3602.0629.302 Activity Number: 3602.0629.303</p>
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## Adult Lessons *Ages 16 & up*

It's never too late to learn how to swim! Lessons are provided in a semi-private setting with an experienced instructor. Ideal for those starting their swimming journey to those seeking a technique refresher to increase their swimming efficiency. Location: JFK Middle School Pool. Limit 4.

**Dates:** Saturdays, May 2 – June 6

**Fee:** \$49.00 *(This program is for Enfield Residents Only)*

**Time:** 2:15 – 2:55 PM

**Activity Number:** 3605.0629.301

# Adult Programs

## Adult Open Gym Basketball Information - *Evenings*

The Enfield Recreation Department hosts Open Gym Basketball time for adults 25 and over. Participants must show proof of age and residency to participate in addition to having a program waiver on site where they participate. There is a nightly fee for these programs.

### **25 & Over**

Day: Mondays

Time: 6:00 - 9:00 PM

### **30 and Over**

Day: Tuesdays

Time: 6:00 - 9:00 PM

### **40 and Over**

Day: Saturdays

Time: 8:00 - 11:00 AM

**Location:** Angelo Lamagna Activity Center Gym

**Dates:** March 14 – June 30, *no program on 4/4, 5/23, 5/25*

**Fee:** \$2.00 Residents      \$2.50 Non-Residents

**Reminder: Purchase a punch card good for any open gym offered above.**

**Fee is \$20.00 for Residents & \$25.00 for Non-Residents.**

**Card is good for 10 visits and never expires. See staff member for details.**

*Please note that if the gym gets over crowded, residents will get first priority to play.*

## **Yoga** *Ages 18 & Over*

No matter if you have never taken yoga or you've been practicing for years this class is for you! Release stress and improve personal well being this spring. Yoga will bring balance, breath awareness, stamina, and flexibility to the body and mind. Students will be able to work at their own level, modifying poses as needed. Participants are encouraged to bring a yoga mat to class. Limit 35.

**Dates:** Tuesdays, April 7 – June 2 *no class 4/21*

**Time:** 6:15 – 7:30 PM

**Fee:** \$30.00 Resident / 37.50 Non-Resident

**Location:** Parkman School Multipurpose Room, 165 Weymouth Road

**Activity Number:** 3605.0337.301

## **NEW! H.I.I.T. Fitness Program** *Ages 18 and over*

Spring is around the corner and summer will be here before you know it! Get into shape for the warmer weather ahead with H.I.I.T. High intensity interval training, or HIIT training, is an exciting workout that offers aerobic, anaerobic, muscular endurance, and fat burning exercises that will push you to your limits. The HIIT routine alternates between intense bursts of activity and fixed periods of low to moderate exercise. If you're interested in physically challenging yourself, come try out HIIT. Class is run by Certified Personal Trainer, Michael Valente who has over 7 years' experience in the fitness industry. Participants should bring a yoga mat, water bottle and wear athletic clothing/sneakers. Limit 20.

**Dates:** Mondays & Wednesdays, April 27- May 20

**Time:** 6:00 – 7:00 PM

**Location:** JFK Middle School Gym

**Activity Number:** 3605.0301.301

**Fee:** \$99.00 Residents/\$109.00 Non-Residents